Carolina Country

SEPTEMBER, 1974

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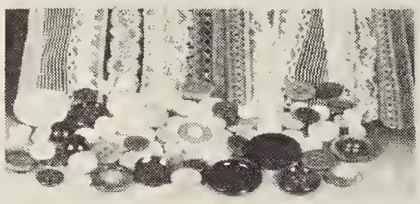

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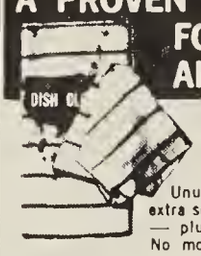

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Read Monthly in More than 230,000 Homes.
Vol. 6 No. 9 September, 1974

'ER —"The beauty of a butterfly's
, the beauty of all things, is not a
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s Month . . .

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LINA COUNTRY (formerly THE
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What, September Already!

It seems only a week or so ago that we announced our Variety Vacationland Contest for Young Readers. Our June issue, in which the announcement appeared, hadn't been out more than a week before entries began arriving. The response can only mean that young North Carolinians like their state and welcome a chance to tell why.

As we said in June, the contest is open to all girls and boys in the Fourth through Twelfth grade age groups in all families which read *Carolina Country*. All you have to do to enter if you're in those age groups (roughly 9 through 17) is write not more than 300 words on "Why North Carolina is Called Variety Vacationland," telling why North Carolina is a good place to spend a vacation.

The only rules are: 1. That you write your entry (essay, poem or theme) yourself. 2. That your writing is legible enough to be read by the judges. 3. That the reasons you give and thoughts you express are your own. 4. That you put your name, age and grade, and the name and complete address of your parents or guardian at the end. 5. That you mail your entry to us not later than Sept. 30, 1974, the end of this month.

Send your entry to: Contest Editor, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602. The first prize in each of the three age-grade groups is $15, the second prize $10 and the third $5. (For more information about the contest, see the June editorial).

We're also impressed by the response to *Carolina Country's* efforts to establish a Carolina Country Family Medicine Scholarship. Since the books were offered in a coupon notice in April, hundreds of copies of *Carolina Country Cookbook* and *Carolina Country Reader* have been ordered in support of the scholarship fund. The scholarships will be awarded initially at the University of North Carolina Medical School in Chapel Hill and the East Carolina University Medical School in Greenville to incoming first-year medical students willing to enter family or general practice in rural North Carolina. You can earmark contributions for this purpose at either of these schools, or at Bowman Gray or Duke.

For more information about Carolina Country Family Medicine Scholarship and how you can help, write to: Medical Scholarship, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602.

One thing more: Be sure you're registered to vote in the November General Election. The deadline for registration is Oct. 7. Voting is too precious a privilege to forfeit.

Jim Chaney

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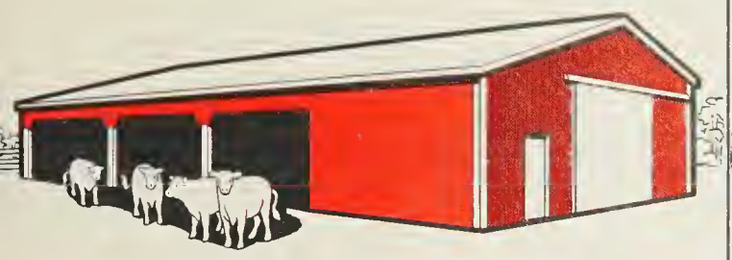

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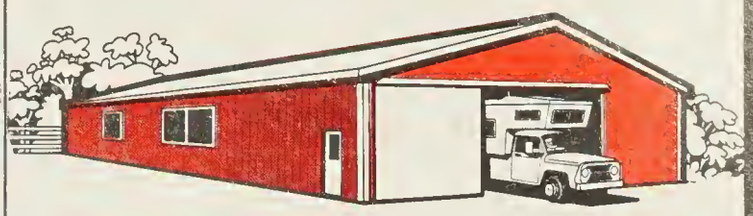

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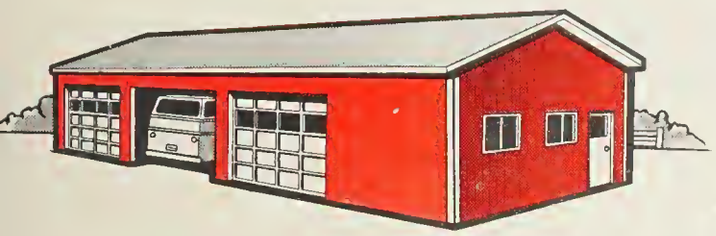

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A ***Carolina Country*** Guide to

Registration & Voting In 1974

Most of the eligible voters in North Carolina really have no justification for any complaints they may have about the way the state or the country is being run.

They just didn't care enough in 1972 to go to the polls and vote their convictions. If history is any guide, even fewer will turn out for the important elections this fall. As a result, cities and towns, counties, the state and the United States will be governed by people elected by only a minority of those who could have voted.

We have always had a suspicion that those who complain loudest about what they consider bad government are those who don't bother to register and vote. Maybe people do, after all, get what they deserve in a democracy.

Those thoughts are prompted by some disturbing information we recently ran across. There were 3,541,000 eligible voters in North Carolina for the 1972 elections. Out of these, only 2,200,000 were registered. Of those, only 1,518,612 voted in the presidential election, and only 1,504,784 for governor.

Since fewer voters usually turn out for the so-called "off-year" elections, the outlook for the number of citizens who will exercise the great privilege and responsibility of voting this fall is rather dismal.

The result is predictable: a lot of good people will not be elected; some bad ones will be elected; and some important local and state issues will be decided by a relatively few voters.

It doesn't have to be that way. You can help make the difference by being sure that you and the members your family are registered on ti that you inform yourself concern the issues and candidates, and then to the polls to vote your conviction.

You can also help by volunteer information to your friends. We h often thought that an effective p gram of citizen action would be adaptation of the old "chain lett whereby a citizen would agree provide voter information and enco agement to five other citizens. In absence of such organized activity, urge you to contact five eligible vot on your own. Tell them about regist tion requirements, the issues that w be on the ballot, which offices are stake.

To help you, *Carolina Country* h compiled the following summary of sic information.

REGISTRATION

In order to vote in the Novemb 5 General Election, you must be reg tered. If you aren't registered, y must register not later than Octobe You can register at the office of yo county Board of Elections anyti before the deadline. If you don't kn how to find it, ask at your count courthouse. You can also register contacting your precinct registrar. Y can find the name of this person calling your county Board of Electi In some counties, you can register public libraries. If you are sick, infi or handicapped, you can call yo precinct registrar and ask to be reg tered at your home.

ABSENTEE BALLOT

If you are properly registered and will be away on election day, you or a member of your immediate family can go to your county Board of Elections and apply for an absentee ballot. Or, you can apply to the Board of Elections before 6 p.m. October 30 and have an absentee ballot sent to you. All absentee ballots must be returned to the Board of Elections by 6 p.m. November 4.

OFFICES TO BE FILLED

Many important offices are being contested this year by people of widely differing political views. Know what they are, and what the candidate believes. Vote for the one who most clearly represents your own views. In the case of local offices, you will usually know the candidates personally, and can evaluate their capabilities from your personal experience. In other cases, read their literature, study their endorsements, try to attend a rally or function where you can personally study them, and watch them on television. Pay particular attention to their record and their statements on issues that are of especial importance to you and the organizations and institutions to which you belong.

Here are the major offices to be filled this year.

- United States Senator (one seat).
- All seats for the United States House of Representatives (Congressmen Fountain, Henderson and Rose are unopposed).
- Attorney General of North Carolina.
- The North Carolina Supreme Court (three seats).
- The Court of Appeals (seven seats).
- Superior Court Judge (23 seats).
- North Carolina General Assembly (120 House seats, 50 Senate seats).
- Most sheriffs and a majority of other elected county officials.

CONSTITUTIONAL ISSUES

Two amendments to the North Carolina Constitution will be adopted or rejected at the polls November 5. Try to inform yourself about the reasons for them.

One would change the title of solicitors to district attorney.

The other would authorize the issuance of revenue bonds to finance pollution control and industrial development facilities.

LOCAL ISSUES

There will be a number of local issues throughout the state which will be decided by ballot. You can usually get information about these from your county Board of Elections.

Register and Vote

Putting Family Life First

By Owen Bishop

The Dick Peterson family of Rt. 1, Asheboro, is something of an anachronism.

The family of four is very much at home in the attractive brick home in a small subdivision just outside the city limits, amid all the trappings of the 1970s including two cars and a color TV.

Yet their lifestyle reflects an earlier era, a time when leisure was devoted almost entirely to family-centered activities.

Carolina Country Life Styles

Joanne and Dick Peterson and their daughters, Barbara, 10, and Shelley, 8, do things together as a family, much as as earlier generation of Petersons might have done years ago.

They're doing it 1,200 miles removed from the Minnesota countryside which was home to that earlier generation. And they're doing it in a period when family life is being threatened by a changing American society.

Certainly the Petersons have far more leisure time than their forefathers ever enjoyed, and they use it as they do by their own choice.

"Things are so different today," Peterson said. "When we were growing up families were closer and they always did things together. But there wasn't anything else to do."

The 1970s-style Petersons choose to be involved in a variety of family projects–because they enjoy it and because Joanne and Dick believe this is important for the children.

They enjoy family outings whenever possible, although Peterson's work as Randolph County 4-H agent often keeps him busy on weekends.

The whole family is very much involved in gardening each summer This was especially true this year for they helped to maintain not one but two gardens, using two methods of "sharecropping."

One garden is on land behind a neighbor's home and it is divided with four full rows assigned to the Petersons. The second garden is on a nearby tract belonging to one of Dick's coworkers and her husband. On this one, the two couples share all duties and all harvests.

"That was really kind of fun," Mrs. Peterson said. "We'd all get out and pull weeds and chop weeds together, We'd get tired and be miserable together. And we'd take turns picking things."

The two gardens–and the canning and freezing which go along with them–"just about take all our time in the summer," she added.

But Peterson actually begins working on the gardening long before warm weather comes around. He starts many of the plants from seeds, growing them under lights at home.

Having lived in Minnesota and Michigan before moving to North Carolina two years ago, the Petersons are taking great pleasure in the state's long growing season. "It's just kind of exciting for us to be able to go out and plant in April because up North we could never put out anything until the first of June. And then we always got frost about the end of September."

The Petersons have been gardening for several years, but they've been canning even longer.

"When we were first married and didn't have a garden, we'd go out and buy the vegetables to can," he recalled.

Mrs. Peterson grew up on a farm and spent every summer helping her family with canning.

"I didn't think there was any othe way to live, and I still feel that I ju have to put things away."

Another family project involves ca ing from their minature menager consisting of a dog, a cat and fou chickens.

All four Petersons have bicycles an they often ride them together aroun their neighborhood.

Joanne and Dick both feel strongl that children need family-centere activities, as well as parental suppo for their individual pursuits.

They keep this in mind in rearii their own daughters, balancing the family projects with encouragemei for the special interests of each chil

Shelley has demonstrated an inte est in art, following somewhat in th footsteps of her father, who minore in art while majoring in biology at th University of Minnesota at Duluth.

Meanwhile, Barbara helps her fath collect stamps and has become adej at making candles.

"With the girls, we make an effo to keep open communication betwee us and them," Mrs. Peterson pointe out. "This is so important becau many families don't have good cor munication and this leads to big pro lems."

In working with 4-H youth, Pete son has found that many parents ai so involved in their own activities tha they "don't take the time to do a much with their kids as they should.

The young people who excel i

Dick and Joanne Peterson show daughters how to hold pet chickens.

H usually are the ones with strong ental support, he said.

"The parents encourage them and sh them along. Then after a point, kids can make it on their own. herwise, they're going to get so and then lose interest in it."

Peterson joined the Randolph unty extension staff in 1972, after rking with 4-H programs in Duluth in Jackson, Mich., and after com-ing his master's degree at Michigan te.

"We were intrigued with the idea of g in another part of the country, e decided to try it. I'm really glad did now," he said.

le and his wife have both come to their new home state.

We love it! We've really adopted it pletely," she said.

nd they've spread the word within families.

eterson's mother, Mrs. Anna Peter-spent several months visiting , and liked it so much that she tly moved to Randolph County. It was quite a move for her to this far from Minnesota, and to all the family ties," Peterson d. "She talked about it for some before she decided to move, and et her make the decision on her "

he lives nearby and is usually ded in the Peterson family activi-n weekends.

We're especially glad to have her because now the girls can have a e to really know their grand-er," Joanne said.

eanwhile, Joanne has become a oman promotion bureau for Tar , telling her brothers and sisters nnesota about the advantages of dopted home. And she must be

Bicycling in the neighborhood

The Petersons used wood from fair exhibit for rustic den shelves.

effective: one of her brothers is now trying to find a job in North Carolina.

Although the Petersons are now completely at home in North Carolina, they are still struggling to accept some of her traditions which are totally foreign to non-Southerners.

"We've learned to eat a lot of new foods, but we have not yet been able to develop a taste for country ham," Joanne said.

They also hesitate to teach their children to say "Yes, Mam," and "No, Mam."

She explains: "Back home if you said that you were being sarcastic and we can't get over that idea."

While family activities are their top priority, the Petersons also pursue a number of interests both individually and as a couple.

They recently "got hooked" on square dancing, taking two series of classes at Randolph Technical Institute. Now they're learning the fine art of clogging.

Joanne, who works three days a week as a nurse-therapist at the local mental health center, does a lot of sewing and used that skill to make their own square dancing outfits.

She's also responsible for the rustic shelves which adorn their den. She made them from some weathered boards which had been used in a 4-H fair exhibit, using stacked pieces of two-by-fours for supports. The shelves now display some of their pottery collection, plants, driftwood, candles, an aquarium and art objects.

She also does some crocheting and crewel work, as well as furniture antiquing.

Practicing a step in square dance outfits which Mrs. Peterson made.

Both of them work together at refinishing antiques, most of which are oak pieces they've picked up in area shops.

"We're not really antique nuts," Joanne declared. "We like things that are old if they have good lines or a nice wood grain, but not just because they're antiques."

Dick draws on his talent and training in art to make nut wreaths and nut trees. And he does a little painting.

He hopes to do more crafts and woodworking projects once he gets his backyard workshop completed. He and a builder friend erected the structure and he's completing the interior. If he can get some help from another friend he'll also do the electrical wiring.

With all this activity, the Petersons find a strange irony in recalling that they were partly inspired to leave Michigan because of its fast-paced way of life. "Somehow," Dick said, "We've sort of gotten involved in a fast pace of living down here too."

TIDELAND TOPICS

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Serving 9400 Members | September 1974

TIDELAND TREATS

GEORGIA CAKE

1 stick margarine
1/2 cup salad oil
1 cup water
2 cups plain flour
2 cups sugar
1 tsp soda
2 eggs
1/4 cup cocoa
1/2 cup buttermilk

Place margarine, oil and water in small saucepan and bring to boil. Place remaining ingredients in mixing bowl and pour hot mixture over this. Beat well (the mixture will be thin, but do not add extra flour). Bake at 350 degrees for 30 minutes in a 9 X 13 pan. Filling

1/4 cup cocoa
1 stick margarine
8 tbsp. canned milk
1 box 4X powdered sugar
1/4 cup chopped nuts
1 tsp vanilla.

Place margarine and milk in saucepan and bring to boil. Boil one minute. Pour hot mixture over sugar and cocoa, add nuts and vanilla. Beat well. Have ready to pour over cake as soon as it comes from the oven.

CHICKEN COBBLER

2 cups diced cooked chicken
1 cup cooked rice
2 cups chicken broth
1/4 cup margarine
1 cup all purpose flour
2 tsp. baking powder
1 tsp. salt
1 tbsp sugar
1 cup milk

Mix first three ingredients. Place margarine in 1 1/2 quart casserole, set in moderate oven (350 degrees) until melted. Mix remaining ingredients and pour in casserole. Spoon chicken mixture into center. Bake about 50 minutes. Let stand five minutes before serving.

TIDELAND TERRITORY

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Tideland EMC

By Laws Pertaining to Annual Meeting and Voting Procedure

Nominations. It shall be the duty of the Board of Directors to appoint, not less than thirty (30) nor more than sixty (60) days before the date of a meeting of the members at which directors are to be elected, a Committee on Nominations, which shall consist of one (1) member from each of the Cooperative's Directorate Districts but shall not include incumbent directors or close relatives thereof. It shall be the duty of such committee, at least twenty five (25) days before such meeting to prepare and post at the principal office of the Cooperative in Pantego, North Carolina, at the Cooperative's Branch Office in Grantsboro, North Carolina, and at the Cooperaive's Branch Office in Ocracoke, North Carolina, a list of nominations for directors to be elected, listing separately the nominees for each Directorate District from which a director must be elected at the meeting, and showing separately those nominated for regular three year, two year and one year terms and, if any, those nominated to fill out the unexpired terms of directorates which have been vacated. The Committee may include two or more nominees for each directorate to be filled, but it shall show clearly which nominees are opposed with respect to the same Directorate District and the same term or unexpired term, if any, to be filled. Any fifteen (15) or more members of the Cooperative, acting together over their signatures not less than twenty (20) days prior to an annual meeting, may make additional nomination, in like manner listing seperately the nominees with respect to the Directorate Districts from which, and the term or unexpired term, if any for which, they are nominated and the Secretary shall post such nominations at the same place where the list of nominations made by the Committee is posted.

The Secretary shall mail to the members with the notice of the meeting, or separately, but at least seven (7), days prior to the meeting, a statement of the total number of directors to be elected, the number who must be elected from given Directorate Districts, the number to be elected for three-year, two year and one year terms and, if any, the number to be elected to fill out unexpired terms, and, for each nominee, his name, address, Directorate District of residency, term for which nominated and opposing nominee or nominees, showing those nominated by the Committee separately from those nominated by petition, if any. The Chairman at such meeting, after all nominations so made have been duly announced, shall call for additional nominations from the floor and shall ascertain and announce, after each nomination from the floor, the particular Directorate District of which the nominee is a resident.

In the election of directors, each member shall be entitled to cast the number of votes which corresponds to the number of directors to be elected, but no member in any election may vote for more nominees from any Directorate District than the number of directors to be therefrom elected. Ballots marked in violation of the foregoing restriction shall not be counted with respect to any District thereby affected. Notwithstanding the provisions contained in this Section and Section 4.06, failure to comply with any of such provisions shall not affect in any manner whatsoever the validity of any action taken by the Board of Directors after the election of directors.

Have A Laff

Workmen were called out on a night time emergency to locate the source of a disruption in a nearby town's telephone service. They groped along in the dark, checking every inch of a newly laid underground cable, until they came to a signpost driven deep into the ground and right through the cable. Shining their flashlights up at the sign, they read: "Caution! Do Not Dig Here. Underground Cable."

HOW TO ROAST A PIG

Or in Other Words . . . Have A Pig Pickin'

The Carolina Homemaker
Edited by Brenda Sargent

Most North Carolinians don't need to be told what a pig pickin' or a "pig pull" is.

At some time or the other we've either been to one or heard of one. And rightly so due to the state's active pork producing industry.

It is our love of pork and an outdoor shindig which led former Governor Bob Scott in 1972 to proclaim North Carolina the Pig Pickin' Capital of the World.

The traditional pig pickin' involves a dressed porker split down the breast, spread-eagled on its back over a grill, periodically basted with barbecue sauce and roasted slowly for hours and hours over a pit filled with burning hard wood coals. As you can see, this takes quite a bit of doing.

Roasting a whole pig over an open fire is a lively and fun way to entertain a large group of people. Most hosts and hostesses will tell you the best way to feed large numbers is to get them involved in the cooking. And a pig roast surely does that. You'll find this one occasion when there's plenty of room in the "kitchen" for all the cooks. In fact, more to watch, the merrier!

In 1972 former Governor Bob Scott proclaimed North Carolina Pig Pickin' Capital of the World.

Another thing about a pig pickin' is its informali Everyone can wear their old clothes, and the hosts need be elaborate in serving up the pig or planning the rest of menu.

The name pig pickin' and pig pull are descriptive ter Traditional etiquette demands that everyone reach in pick bits off the carcass with his fingers. Veterans re first for the tender loin and little pieces of crisp skin. Bu you don't want to be this informal, you can dish chunks of pork right from the grill or serve it chopped fr trays. It all depends on the time you have and willingness of the choppers!

As for the time of year to throw a pig pickin', just ab any time will do. You might want to avoid the dead winter (or summer's hottest day), but wool jackets an little nip in the air shouldn't put a damper on the festivit They could instead add more interest to the event. J pray for clear skies.

COOKING SCHEDULE

Cooking Schedule	*Approximate Temperature*	
8:00 a.m. – 12:00 p.m.	Place on grill – cook at	100-125 degrees
12:00 – 1:00 p.m.	Cook at	135-140 degrees
1:00 – 2:00 p.m.	Cook at	150-160 degrees
2:00 – 4:00 pm..	Cook at	170-175 degrees
4:00 p.m.	Turn carcass	
4:00 – 4:30 p.m.	Cook at	150-160 degrees
4:30 – 6:00 p.m.	Cook at	170-200 degrees

BARBECUE SAUCE

	Approximately 6 quarts	*Approximately 1 quart*
Vinegar	2 quarts	2 cups
Worcestershire Sauce	4 tbls.	1 tbls.
Tabasco	4 tbls.	1 tbls.
Chili Powder	4 tbls.	1 tbls
Paprika	8 tbls.	2 tbls.
Black Pepper	12 tbls.	3 tbls.
Salt	12 tbls	3tbls.
Catsup	3 bottles	¾ to 1 bottle
Mustard (dry)	3 teas.	¾ teas.
Water (optional)	2 cups	½ cup

To have a successful pig pickin', the following are some basic instructions for doing the job.. You may have your own favorite way of barbecuing or have a favorite barbecue sauce, but the outline below is basic procedure.

Selecting the Carcass

If you don't raise your own pigs, buy the carcass directly from a meat company or packing house. These are scattered all over the state.

Select a pork carcass that will weigh from 60 to 100 pounds. A live pig weighing 90 to 130 pounds will dress out a carcass approximately the desired weight. This size pig will serve about 30-60 people. To serve a larger group, you can go to a larger carcass, but remember this will increase your cooking time. The best answer might be two or more 60 pound carcasses cooking side by side for a shorter length of time.

The yield of cooked meat is approximately 35 percent of the carcass weight.

Building the Barbecue Pit

The pit should be constructed 12 to 24 inches from the fire to the grill. The advantage of the great distance is for more even heat distribution.

Erecting your pit won't require a lot of exotic equipment. One easy way is to build a pit using cement blocks (8"). Lay the blocks two high. Build the pit 3 to 4 feet wide (inside measurements) and as long as needed. The length normally required is 4 to 5 feet per carcass.

Lay metal rods across the cement blocks and place a suitable wire or screen over the rods. Old bed springs laid across the cement blocks will also work.

Garland Hill of LaGrange, Dr. J.E. LeGates, Dean of the School of Agriculture at NCSU and Tom Farmer of the N.C. Pork Producers Association check to see if the pig is ready to be turned.

Be sure to allow for an opening in one of the walls of the pit for spreading and tending the coals.

If you have more time to spend in erecting the pit, you may split an old metal drum in half and hinge it. Lay wire across one half of it and use the other half as a lid. A pig roasted in this way will cook somewhat faster.

Building the Fire

The traditional source of heat is coals from burning oak or hickory wood, however, you may use charcoal briquettes.

Approximately 60 pounds of briquettes are required to roast a 100 pound carcass. Start with 20 pounds of briquettes and allow them to burn outside the pit until gray before spreading under the carcass.

The coals should be distributed with more heat under the hams and shoulders and less in the center. This allows the carcass to cook uniformly. Additional briquettes started outside the pit or coals from the hard wood are added to maintain the proper grill temperature. (See Cooking Schedule below.)

If you are cooking with hard wood coals, build a furnace for the new coals. Set an old barrel with top and bottom cut out on top of several cement blocks. Toss the chopped wood in from the top and as it burns down, you can shovel out the hot coals from the ground beneath.

Placing the Carcass on the Grill

Now you're ready for the roasting!

Place the pig on the grill lean side down (skin side up) for 4 to 8 hours depending on the weight of the carcass. Then turn the carcass over.

Be careful in turning since the pig may become unjointed at this time.

At this point the pork tender loin may be done. If so, watch out for "snitchers." After working this long smelling those delicious aromas, your cooks may be tempted beyond resistance!

Cook with skin side down for an additional one to two hours. Be sure to use a meat thermometer and get the internal temperature of the hams to 170 degrees F. to be sure the carcass is completely cooked through. Remember, do not cook too fast!

After turning, the carcass can be basted with a sauce of your choosing. A sauce that is usually used is vinegar, salt and crushed red pepper--2 quarts of vinegar and 1-1/4 to 1-1/2 ounces of red pepper depending on the degree of hotness desired. Add salt to taste. You might also be interested in using the recipe for a tomato flavored barbecue sauce shown in the box below.

Cold slaw, baked beans, corn-on-the-cob, North Carolina sweet potatoes, a cake or two and your favorite beverage will fill out the rest of the meal. But don't worry about the condiments. The pig is going to be the main thing on any body's mind.

About all that's left to be added is a congenial crowd, perhaps a banjo and guitar player or two picking a few blue grass melodies and you will have a mighty fine pig pickin'!

FASHION FAVORITES

Pattern No. 9024 is cut in sizes 8, 10, 12, 14, 16 and 18.
Pattern No. 9125 is cut in sizes 24", 26", 28", 30" and 32."
Pattern No. 9247 is cut in sizes 10½, 12½, 14½, 16½, and 18½.
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Pattern No. 9314 is cut in sizes 34, 36, 38, 40, 42, 44, 46, 48, and 50.

Send 75 cents (no stamps) for each pattern to: CAROLINA COUNTRY, Needlecraft Dept., Box 162, Old Chelsea Station, New York, N.Y. 10011. Print your name and full address with zip code and include the pattern number you want.

ABOUT THE HOUSE

Baking soda's a lifesaver to cam and travelers. It's a whole first aic in a box, plus a handy cleaner summer equipment. Baking soda, any good camper, is kind to environment. Cut down on clot leave home most cosmetics and t light. But, whether you're hea overseas or deep into the local s park, better pack baking soda jus case.

FIRST AID

Insect Bites/Poison Ivy: Rei stinger if present. Make a past baking soda and a few drops of v and apply it to the affected area. off and repeat treatment.

Sunburn/Windburn/Prickly Dump at least a handful of ba soda in a warm tub of water. Bath it or soak the affected areas.

Acid Indigestion: Drink one teaspoon of soda dissolved in one glass of water to relieve mild, tem rary stomach upset.

CAMPERS COMPANION

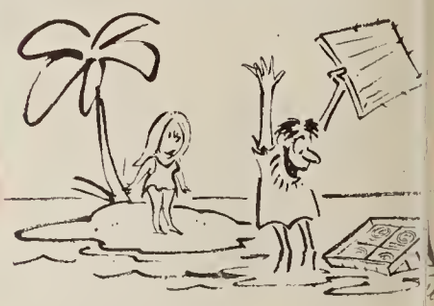
Hiking Boots/Sneakers: Spr baking soda inside to deodorize.

Plastic Picnic Dishes/ Tablecl Remove stains by soaking in a solution. Use baking soda dry tough spots.

Canteens/Vacuum Bottles: and deodorize by letting a solutio baking soda and water stand in th few hours.

Iron Cooking Utensils: Scou rust with baking soda, rinse and se with oil.

Camp Fire: Keep baking handy to smother flying sparks. fire out by tossing handfuls of ba soda at the base of the flames.



"Horray! We're saved — from sun prickly heat, bad breath and acid ind tion."

KITCHEN CORNER

As always, there are many more interesting recipes than space in Kitchen Corner to print them. But we keep all the recipes sent in and if yours is not used immediately, keep looking.

When submitting a recipe, keep in mind that we are looking for much-tried, well-loved "down home" recipes that in general characterize North Carolina cooking and have something of your life-style in them.

Be sure to write out your recipe clearly (or type it) and double check to see that all ingredients are included. Please tell us about yourself and your family and any helpful hints you've discovered in preparing your recipe. If there is an interesting history or amusing story behind your recipe, we welcome you to share it with the other readers.

This month's selection is an extravagant and delicious cheesecake sent in by Brenda Spence of French Broad EMC. Though she admits that the cake is very rich and somewhat involved in preparation, it will be well worth the effort for a special occassion. Brenda's only tip is to be very careful in removing the cake from the pan. Run a knife carefully around the edges of the cake before removing the sides of the pan and under the crust to remove the bottom of the pan.

Thanks for all your contributions. Keep the recipes coming!

Send your recipes to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Be sure to include your full name and address and the name of your electric membership corporation. We pay $2 for the recipe chosen monthly for this column.

CAROLINA COUNTRY RECIPE

Chocolate Rippled Cheesecake

Submitted by Mrs. Brenda Spence, Rt. 4, Marshall, N.C.

Regular all-purpose flour
granulated sugar
1/4 tsp. salt
1/4 cup butter or margarine
3 8-oz. packages cream cheese, softened
2 tsp. vanilla extract
6 eggs
1 cup sour cream
3 envelopes (3 oz.) no-melt unsweetened chocolate

First Day: Preheat oven to 400 degrees. Combine 3/4 cup flour, 2 Tbs. sugar and salt. With pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in 1 envelope chocolate; press over bottom of 9-inch spring-form pan. Bake 10 min. and remove from oven. Turn oven heat up to 500 degrees. Meanwhile, in large bowl, with mixer at low speed, blend cream cheese with 1 cup sugar until smooth; blend in 1/4 cup flour and vanilla. Add eggs one at a time beating well after each addition; beat in sour cream.

In small bowl, combine 1-1/2 cups of cheese mixture with rest of chocolate. Pour half of plain mixture over baked crust in pan. Drizzle half of chocolate mixture on top. Repeat process with remaining mixtures. Cut through batter with spatula to marblize. Bake 12 minutes; lower oven to 200 degrees and bake 1 hour. Cool away from drafts 2-3 hours. Refrigerate at least 8 hours. To cut cake use a sharp knife dipped in hot water.

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Pattern No. 7064
Look forward to cool days with this smart topper that has everything – wide lapels, pockets, sash tie! Crochet of worsted in easy shell stitch.

Pattern No. 7120
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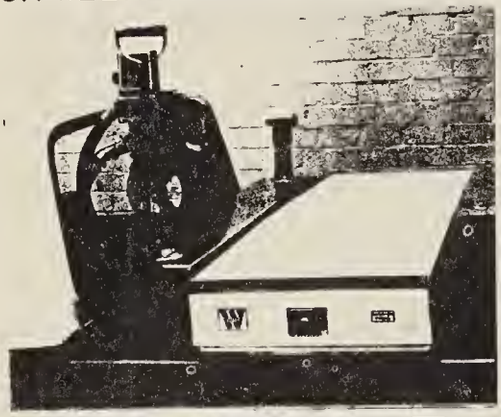

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I read your editorial, For Bet Medical Care, in the July Caroli Country. As the mother of a you man who is a graduate of Guilfo College with a major in biology a who has tried for the last two years get into medical school, I am ve concerned about the situation North Carolina . . .

It seems to me that our st universities ought to be obligated the North Carolina students first a then if there are any places left ov give them to out-of-state students.

I know of several young men a women who have been denied adn sion to UNC and East Carolina. I f they were as well qualified as some the out-of-state students who w accepted and would surely have sto a better chance of staying in No Carolina upon completion of th training than a student from so other part of the country.

Our son has talked about bein doctor all his life . . . His facu advisor at Guilford felt he would h no trouble in being accepted i medical school. He is interested being a general practitioner, an fashioned family doctor.

I should like very much to see U and East Carolina made take the No Carolina (medical) students first; th if there are left over spots give them other students. Other state universi do this and they are still accredi and have good reputations. This wo be one step in the right directio firmly believe.

Mrs. George E. Wh
High Po

I would like to ask you not publish this and similar ads. (Copy an ad by a company which buys M apple, star grass, ginseng and ot roots attached.) They encourage destruction of our wild flowers. As population grows our wild flowers endangered, and if we pay people dig them up and send them to Louis, Mo., they will surely vanish.

Jean Ellen Ma
Sappl

POET'S CORNER

VERSES FROM OUR READERS

Stay A Little Longer Summer

The meadow is edged with colors of gold,
picket fences have turned grey,
flowers blaze village with colors,
Summer stay a little longer, please stay.

Summer's work is over, Autumn will begin,
lovely and beautiful as it is,
the sense of sadness that Summer is gone,
Autumn will give Summer a good-by kiss.

Clear brooks run beside the road,
small ponds reflect the blue sky,
farm houses dream in slanting shadows,

Last of the sweet corn, summer is gone,
the woodchuck has found a nest,
sugar maples are dancing in the breeze,
Summer will soon take a long rest.

Trees kindle with golden colors,
flashers of scarlet dance in the sunlight,
lights flickering softly at touch of dusk,
we'll soon have to tell Summer good-night.

Night comes earlier as shadows creep on,
embers in the old fireplace burn bright,
Summertime lights will glow no longer,
Autumn has begun to peek in sight.

The softness of the air on a Summer day,
somehow you seem to feel stronger,
While clouds nestled in the castles blue,
Summer stay, please stay a little longer.

Joann Denton
Morganton

September

is no longer night
or beyond the gold and amber trees
ow begin to see
e early morning light.

the distance I can hear
e coo of a soft, cotton dove
nding out to all the world
r lonely sound of love

h dawn comes a chilly, shimmery dew
d God's beautiful earth
ins to sparkle like a jewel new
in revealing to all living things its worth.

tember is emerald trees
beginning to blush
y are so lovely to see
und me I feel a peaceful hush
ves falling to the ground below
so quietly, ever so slow.

mournful it would be
er I should become blind
could no longer see
beautiful month of September
God made for me.

Dawn B. Edwards
Pinetops

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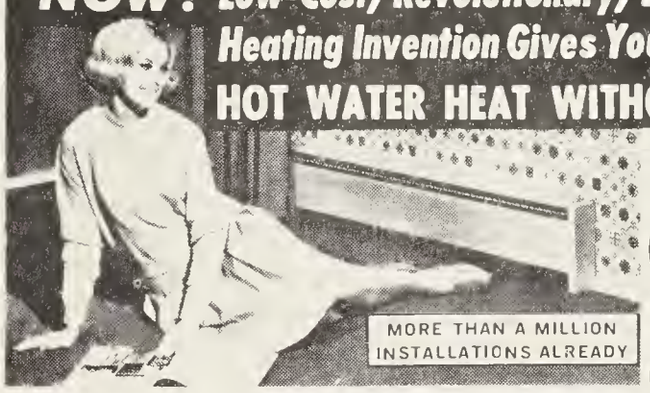

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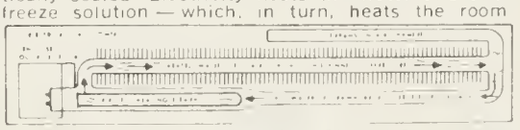

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"If one parent tells you to do one thing and the other parent the opposite, what should you do?"

"I think each child should handle this problem in a firm. but delicate manner. Unless this misunderstanding is a total coincidence, it usually happens when the parents are having some kind of communication problem or disagreement. I suggest the child should get the two parents together, explaining what each other wants and suggesting they compromise on the subject. It may be helpful to add that it was unfair and somewhat childish of them to tell you two totally different things and expect you to decide between both parents' wishes."

Brenda McAllister
Willard

Brenda is 12 and attends Penderlea Junior High School. Her favorite pastimes are singing and writing. The Fred McAllister family is served by Four County EMC

"There are four steps in reaching a solution to this problem. First, get both parents in the same room; second, explain to them that there is no way you can obey their orders because they are conflicting; third, politely ask them to work out the problem among themsleves in such a way that you will be able to obey both parents; fourth, after they have reached their decision, extend your gratitude and obey them."

Linda Sue Bryon
Bladenboro

Linda Sue is a 17 year old senior at Bladenboro High School. Her hobbies are reading, crocheting, and helping with the housework. The Ernest Bryan family is served by Four County EMC.

"I had the same problem with my parents and solved it by talking with each parent separately and then with them together. You could try the same method. Sit down w your mother first and tell her that you get confused wl each of them tells you something different. Do the sa thing with your father. After they see that they confusing you, then they will try to compromise."

Sadie Hyn
Hobg

Sadie is 16 and a junior at Scotland Neck High Scho She spends time cooking, sewing, knitting and dancing. parents are Mr. and Mrs. Nathan Hyman and they served by Edgecombe-Martin EMC.

"The best thing to do in this situation is to get b parents together and have a family discussion to de what is best to do. Once this is decided, then you should it."

Billy Joe S
Roseb

Billy Joe is 13 and enjoys baseball, football, basketl and fishing in his father's pond. His parents are Mr. Mrs. Jerome Spell, served by South River EMC.

"If your parents differ in what they tell you to do, should let them both know what the other one said. them to decide together on an answer, and then give their final decision. This avoids causing any arguments, your parents will be glad that you didn't obey one disobey the other."

Beverly Glo
Me

Beverly is 15 and has completed her freshman ye Stanford Junior High School in Hillsborough. She k active riding bikes and playing badminton. Her parents and Mrs. I.A. Glosson, are served by Piedmont EMC.

TEEN ROUNDTABLE

NEXT QUESTION

"How can we help to establish love and peace between people of different races?"

This question was submitted by Kenneth Cox of Snead's Ferry. Kenneth is 15 and attends Dixon High School. His parents, Mr. and Mrs. Freddie Brunson, are served by Jones-Onslow EMC.

If you have a good answer, send to THE TEEN ROUNDTABLE, Carolina Country, P.O. Box 16 Raleigh, N.C. 27602 at once. Tell us a few facts about yourself – your age, school, hobbies, etc. Include your parents' name and the nan of the electric membership corporation serving you. If your answer is published, we will send you $5.
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BOOKS

AFTER THE GOOD GAY TIMES, Asheville – Summer of '35. A Season with F. Scott Fitzgerald, By Tony Buttitta, Viking Press. 173 pages. $7.95.

A new intimacy and insight into the "crackup" of F. Scott Fitzgerald are projected in this book. Set in Asheville in the summer of 1935, the melancholy story of the gifted novelist's incipient disintegration comes from an actual witness. Tony Buttitta handles his experience with vitality.

At the time Fitzgerald was spending an interlude in the Grove Park Inn, that grey stone hostelry that seemed to frown with arrogance from a mountainside. But the uneasiness of economic depression now pervaded the town. The inn's golf links were sparsely used.

The novelist who lyrically described the "jazz age" tempos was boozing and revealing his problems to Buttitta, a sympathetic and interested listener. The two men had met by accident. Buttitta was working late one night in his book shop in the arcade of the George Vanderbilt Hotel, and Fitzgerald was looking for a men's room.

Leaving a dance in the hotel, the writer stumbled on the book store. Buttitta, a former student at the University of North Carolina in Chapel Hill, recognized the Ivy League profile. It had aged, mostly through dissolution.

Subsequently a familiar acquaintanceship, if not friendship, developed between the two. In the following days, Fitzgerald wanted to talk. Tony listened.

Buttitta himself aspired to write. And 39 years later, he revives the melancholy period of sunset in the life of the man who created "The Great Gatsby," "Tender is the Night" and other stories that skyrocketed over turbulent times of prohibition, boom and bust.

The author's romantic liaisons with girls named Rosemary and Lottie were funny, depressing and absurd. And the writer thrust his petulance and alcoholic truculence at Buttitta. But Buttitta got his story, beating disintegration and death to the punch.

Charles Craven

(Mr. Craven, popular Raleigh newspaper columnist, grew up in Asheville during the Fitzgerald years.)

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HALE

When John Jones took his hunting dog out in the fields to show him off to several strangers, to his amazement the dog pointed at one of them. "He is smarter than you think," the man said. "My name happens to be Partridge."

* * * * *

Trying to rest after an exceedingly hard day, poor father was being bedeviled by an endless stream of unanswerable questions from Willie.

"Whata you do down at the office?" the youngster finally asked.

"Nothing," shouted the father.

It looked as if the boy had been put off for a while, but not for long. After a thoughtful pause, Willie inquired: "Pop, how do you know when you're through?"

* * * * *

The Sunday school teacher aske one little girl if she knew the story Adam and Eve. "First God create Adam," she said, "and then he looke at him and said, 'I think I can c better.' So he created girls."

* * * * *

My wife put a plate of food in fro of me for dinner. I said, "What's this She said, "A Hamburger Surprise." said, "What's the surprise?" She sai "Try to find the hamburger."

* * * * *

Coach: What's his name?
Manager: Szaczhwerskinoplinitz.
Coach: Good. Put him on the fi team. Boy, will I get even with th sports writers!

* * * * *

Middle age is when the narrow wa and the broad mind begin to chan places.

* * * * *

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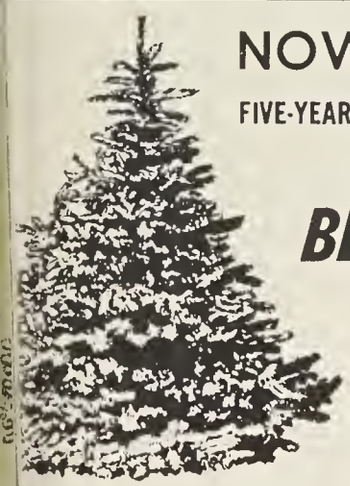

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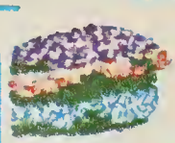

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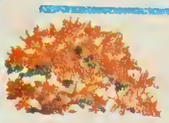

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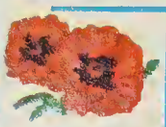

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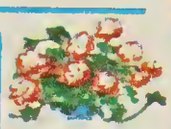

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